

England Athletics  
**Yorkshire & Humber**  
**Local Coach  
Development  
Programme**



**Winter 2013-14**



**Endurance • Jumps • Speed • Throws**

## Welcome to the Yorkshire & Humber Local Coach Development Programme

Welcome to the Yorkshire & Humber Local Coach Development Programme. Within this booklet you will find information on workshops to be delivered across the region covering a range of athletics disciplines. These workshops have been specifically designed by your local Club and Coach Support Officer in order to meet your local needs using the feedback we have received from both clubs and coaches.

As you will see the 2013-2014 programme has an event specific focus. This is to ensure that workshops within each of the days are tailored towards that specific event ensuring that Coaches attending gain practical and relevant knowledge and ideas that can be taken directly back to the training ground.

Following on from last years' highly successful female coach development day, we are continuing to offer specific support for female coaches in the form of mentoring as well as specific events lead by the Women's Coaching Forum.

The endurance sessions which cater for all endurance disciplines on and off the track will provide the opportunity for coaches to fully explore specific areas within endurance coaching. These sessions will link to the regional endurance centre at Leeds Met University.

If as a coach or a club you feel there is a need for further topics to be covered within the LCDP programme please do get in touch with your local CCSO or Athletics Network, and where there is demand we will look to put on a workshop to meet local needs.

All workshops are free, places are limited. Coaches must book to ensure they secure a place.

If you have any questions or comments, would like to book onto a workshop please get in touch with your local CCSO.

**We look forward to seeing you at a workshop over the winter!**

Lucy, Heidi and Emma

## LCDP Launch and Coaching Conference

pages 3-5

### Why Join the LCDP?

page 6

### Workshops: Speed, Throws, Jumps

pages 7-9

### Workshops: Endurance

page 9

### Athletics Networks

page 10

### Flying Coach Programme

page 11

### Coach Education

page 11

## LCDP Launch and Coaching Conference

**Saturday 28 September 2013**  
9:30am – 4:45pm

**Leeds Metropolitan University**  
Headingley Campus, Church Wood Avenue, Leeds LS6 3QS

The England Athletics Coaching Conference North is the launch of our winter programme with workshops covering a range of current topics and specific events groups led by experienced coaches highly regarded in their field. As part of the legacy of London 2012 Olympic and Paralympic Games, the theme of the Conference will be "Pass it on – Mentoring in Action" demonstrating the importance of sharing knowledge and experiences.

### KEYNOTE SPEAKER

#### Peter Stanley

Peter Stanley (Coaching Lead) will deliver the keynote speech to open the conference on the influence of mentors on a coaching journey in the morning followed two workshops based around each event group in the afternoon.

### MORNING WORKSHOPS

#### Nutrition: Eat and Drink like a Champion

##### Louise Sutton

This workshop will focus on nutritional approaches to optimising performance. Led by Louise Sutton, you will explore the day to day nutritional dilemmas of athletes and consider practical recommendations for maintaining health and optimising

performance with a key focus on recovery nutrition strategies.

#### Youth Development: Developing the Whole Child

##### Jamie French

For many years, coaches, athletes, parents and others have discussed what makes an athlete successful and how a coach or parent can help an athlete get the most from themselves.

In more recent years, several popular books ('Talent Code', 'Outliers', 'Bounce') have been exploring this topic and in particular – what makes someone talented or successful. A lot of these books focus on the work of Anders Ericsson and the notion of 'deliberate practice'. The aim of this workshop is to demonstrate key considerations when coaching children; in particular, exploring 'the holistic child', 'stages of development and characteristics', 'early specialisation', and the implications of all this for coaching. The workshop will also explore the value and importance of 'deliberate practice' in the context of coaching children.

By the end of the workshop all coaches should feel confident in their knowledge and ability to incorporate child centred activities within the programming of their athletes.

#### Physical Preparation: Building the Athlete from the Ground Up

##### Kelvin Giles

This workshop will combine theory and practice in order to explore concepts and training to improve the physical preparation of athletes, and will help coaches to understand 'physical literacy' and its relevance to athletics. By the end of the workshop coaches should understand the maturation journey of the developing athlete and understand how to assess movement competence and how to select appropriate exercises and their progressions.

Coaches attending should be familiar with the UKA Athlete Development Model on uCoach <http://ucoach.com/document/uka-athlete-development-model-document/>.

## Mental Preparation: Harnessing your 'Inner Chimp'

**Robbie Anderson**

*"Your Inner Chimp can be your best friend or your worst enemy... this is the chimp paradox."*

This workshop will explore the incredibly successful mind management model pioneered by Dr Steve Peters and help coaches to understand how to apply the model to better understand themselves and their athletes, ultimately leading to increased confidence, enjoyment and a more effective and successful coach athlete partnership.

## Run Leader: AthleFIT (Part 1)

**Craig Blain and Sarah Watson**

*NB: this is part of an all day workshop – leaders will also be expected to attend the afternoon session.*

This four-hour workshop will introduce AthleFIT, the brand new fitness programme from England Athletics which combines the best of what are fundamentally athletics running, jumping and throwing events applied with the traditional circuit training approach in a fun and exciting programme of getting and keeping fit. Everyone who undertakes the four-hour AthleFIT orientation workshop will be insured to deliver AthleFIT to adults. This workshop carries 3 REPs points for those who are accredited.

## The Importance of Planning: Developing your Athletes through Effective Planning

**Paul Moseley with Andi Drake and Kerry Eddie**

Why should we consider planning for our athletes? There are numerous examples of training programmes and templates that can be accessed via the internet, but why would you use them?

This workshop will look at how planning can provide a framework of ideas for coaches to use and adapt to suit the needs of their own athletes. For a range of reasons a coach may not plan and just decide on the night what they are going to do, but is this appropriate for developing athletes? The aim of this

workshop is to demonstrate key considerations when putting together plans. In particular, developing a group profile to construct a training program; setting clear, focussed goals; identify how to progressively link sessions; identify what you need to evaluate at the end of your program (and why). The workshop will also challenge coaches to think about structuring progressive, developmental programmes that are athlete centred. By the end of the workshop all coaches should feel confident in their knowledge and ability to plan and implement training programmes for their athletes.

## AFTERNOON WORKSHOPS

### Youth Development: Coaching the Whole Child

**Ian Stafford, supported by Jamie French and Colin Allen**

The aim of this workshop is to ensure that children entering our sport experience a developmental environment that is stimulating, exciting, challenging and engaging. The workshop focuses on the principles of the 5 C's (coaching the whole child) – for example, Competence of movement skills, Confidence through athletic activity, and encouraging Creativity. Through practical activity, the workshop will explore how to include these aspects within your coaching.

### Endurance: The Art of Endurance Running

**Andi Drake plus mentees**

This workshop will look at drills and skills coaches can bring to training sessions to develop running mechanics on a range of surfaces. This practical session will equip coaches to provide augmented feedback to athletes using simple coaching cues to improve running form. Delivering with Andi will be NCDP endurance mentees Greg Hull, Andy Henderson, Andy Railton and Steve Vernon who will share their experiences of coaching middle to long distance on track, road and off-road.

Coaching attending should familiarise themselves with the blog on Posture, Shape and Performance:

<http://ucoach.com/blog/posture-shape-and-performance/from-filter/>  
and Endurance Athlete Development Model:  
<http://ucoach.com/document/endurance-adm/>  
Workshop supported by mentees from the National Coach Development Programme.

### Throws: the Skill of Throwing – looking at the commonalities across the events

**Ivan Washington plus mentees**

This Workshop will look at the physical, mental and technical qualities you want your throwers to possess. Coaches will explore what drills and skills are required to improve performance, reduce faults and progress technique; whilst also looking at the mechanical and technical similarities across the throws to enhance all round throwing.

Workshop supported by mentees from the National Coach Development Programme.

### Jumps: The Skill of Jumping – developing the 'motor skills' that exist across all jumping events

**Graham Ravenscroft plus mentees**

This workshop will take a look at the commonality that exists between the jumping events regarding the acquisition

and development of fundamental event group motor skills and then consider how these skills can be integrated into event group and event specific physical preparation or specifically developed to meet the individual needs of an event. Workshop supported by mentees from the National Coach Development Programme.

### Speed: Developing a Speed Athlete through Hurdles –

**Steve Mitchell – supported by Matt Wood and Paul Wibberley**

The aim of this workshop is to demonstrate how all developing athletes can and should enjoy some part of their training over micro-hurdles and hurdles. The use of hurdles can improve mobility, rhythm, max velocity mechanics, and also the conditioning for all athletes. The process will help coaches develop the skills to identify athletes with talent for the event, and by the end of the workshop all coaches will feel confident in their knowledge and ability to incorporate hurdles into the programming of their athletes.

### Run Leader: AthleFIT (Part 2)

*NB: this is part of an all day workshop – leaders will also be expected to attend the morning session.*



**Online booking is available at:  
[www.englandathletics.org/north-coach-booking](http://www.englandathletics.org/north-coach-booking)**

- **Early bird discount** – book online by 16 August for just £30 (£40 from 17 August)
- Booking deadline is 31 August.

## Why join the LCDP?

England Athletics are committed to the development of coaches.

The Local Coach Development Programme (LCDP) for Yorkshire and The Humber is aimed at Coaches of all levels who are keen to learn and are committed to their future development and the future of Athletics. As a member of the LCDP you will be able to access one of the various levels of support on offer. These include one to one support, access to workshops, practical mentoring and shadowing and the opportunity to share your skills and experience with others.

The LCDP Programme has three strands of membership:

### LCDP Associate:

This level of membership entitles members to access the LCDP workshop program. Members registered on the LCDP will also receive priority with regards to requesting flying coach visits over those not registered.

### LCDP One to One:

This level of membership is for members who are committed to working on identified goals based on individual need and supported by their CCSO and event specific mentors. Members at this level will be expected to attend appropriate LCDP events and meet on a regular basis with their CCSO to discuss progress. This level of membership is time limited to a maximum of two years.

### LCDP Affiliate:

This level of membership is for experienced Coaches who may already be part of the NCDP or working towards this level. Affiliate members would be eligible for attending any open NCDP events such as pod and cell activities. Members would be expected to provide support to the LCDP program through mentoring and possible delivery at workshops.

**Don't hesitate – sign up to the Local Coach Development Programme today!**

### How to join the LCDP

To join the LCDP Contact your CCSO and request an application form.

Places are limited, Coaches must complete a booking form to secure a place and return to your England Athletics Club and Coach Support Officer.

**West Yorkshire: Lucy Archer** – larcher@englandathletics.org or 07824 302927

**North Yorkshire: John Stacey** – jstacey@englandathletics.org or 07912 594292

**Humber: Heidi Bradley** – hbradley@englandathletics.org or 07968 498701

**South Yorkshire: Emma Brady** – ebrady@englandathletics.org or 07921 060306

## Workshops: Speed – Throws - Jumps

### Saturday 7 September 2013

10:30 – 3:30

EIS Sheffield

#### Physical Preparation

- Assessment and training of common movement imbalances
- Programming for Anatomical Adaptation

### Wednesday 18 September 2013

18:30 – 21:30

John Charles Centre, Leeds

#### A guide to Mentoring Sports Coaches

- All the tools you need to develop your profile to the next level
- How to design a mentoring programme that will support your coaches' learning
- To increase the effectiveness of your mentoring relationship

### Saturday 28 September 2013

9:30 – 4:45

Leeds Met University

#### North Coaching Conference

For more information  
(see pages 3-5)

### Sunday 27 October 2013

10:30 – 3:30

Costello Stadium, Hull

#### High Jump with Graham Ravenscroft

##### Planning

- Constructing an annual training programme
- Progressing individual components throughout the year
- Constructing an individual session
- Integrating the technical training with physical prep

##### Technical

- Teaching the basics of approach running, take off and jumping
- Developing the technical model throughout the various performance levels
- Developing the coaching eye
- Event specific exercise to help develop the technical model

##### Physical Preparation

- Identifying the fundamental components
- Developing the physical preparation throughout the annual programme

### How to book onto a workshop

All workshop bookings should be made through Lucy Archer:

[larcher@englandathletics.org](mailto:larcher@englandathletics.org) or 07824 302927

Please note, places are limited

**Sunday 27 October 2013**

10:30 – 3:30

Costello Stadium, Hull

**Speed and Hurdles**

- Working to improve speed in sprint disciplines
- Preparing your athlete for sprint events
- Basic technical model for hurdling
- Drills and activities to develop good technique

**Saturday 9 November 2013**

10:00 – 13:00

Leeds Met University

**A Morning with Mick Hill – Javelin Coach to Jessica Ennis**

A chance to observe an Olympic Coach in action and take part in a Q and A session.

**Wednesday 13 November 2013**

19:00 – 21:00

John Charles Centre, Leeds

**Womens Coaching Forum**

Your chance to help shape a programme of female specific activity over the winter period.

**Sunday 16 February 2014**

10:00 – 12:30

Leeds Met University

**Physical Preparation****Physical Prep with a gym**

- Benefits of strength training for endurance athletes
- Equipment considerations
- Exercise selection and program development without access to gym facilities.

**Sunday 16 February 2014**

13:00 – 15:30

Leeds Met University

**LiRF to CiRF**

- Athlete Development
- How Learning Takes Place
- Technical Knowledge – What-2 Coach
  - Starting / Accelerating
  - Running including up/down hill and over obstacles
- Planning training
- Coaching Process Skills Review – How-2 Coach
- Coaching Knowledge and Skills Self-Assessment

**Sunday 16 February 2014**

13:00 – 15:30

Leeds Met University

**Youth Endurance**

- Understanding when it is appropriate to bring in different training aspects throughout maturation.

**Sunday 16 February 2014**

13:00 – 15:30

Leeds Met University

**Coaching Diary Support Workshop**

The workshop will be structured in such a way as to provide a recap of key aspects of completing the Diary that were covered on the Coach Level courses (Children's Coach, Athletics Coach and Coach in Running Fitness):

- Profiling of athletes
- Goal setting (athlete & coaching goals)
- Planning, including meso & micro cycles, plus session plans (including review/reflection)
- Opportunity for any specific questions / areas for concern or clarification to be raised

**Sunday 9 March 2014**

10:30 – 15:30

EIS Sheffield

**Throws: Building Coaching Relationships and Supporting the Young Thrower**

- This workshop looks at different styles and types of coaching, what's required on both sides.
- It will also look at what is needed to support the young Thrower.

**Drills and skills**

- To understand and take away a basic knowledge of technique development using relevant drills and skills to correct faults and develop correct technique.

**Physical preparation for the young thrower**

- This workshop looks at what is required to prepare the young thrower to train and compete.
- To understand the basics in physical preparation.
- To cover conditioning, strength and power.

**Sunday 9 March 2014**

10:30 – 15:30

EIS Sheffield

**Horizontal Jumps**

The session will address the key issues that coaches have about horizontal jumps. The session also will consider the underpinning principles behind each aspect of jumping.

# Workshops: Endurance

**Sunday 13 October 2013**

10.30 – 12.30

Leeds Met Carnegie

**Athlete Screening delivered by Graeme Everard**

Learn to detect functional weakness and vulnerabilities in individual athletes with a view to both injury prevention and performance enhancement

**Sunday 13 October 2013**

13.00 – 15.30

Leeds Met Carnegie Centre

**Running Drills, Plyos and Movement Skill Exercises delivered by Brian Scobie**

Develop coaching strategies that address functional deficits and improve movement efficiency, help avoid injury and condition runners in specific ways. Acquire tools for the coach's kitbag – and how and when to coach them.

**November 2013***(to be confirmed)*

10.00 – 13.00

Leeds Met Carnegie

**Coach Panel: Planning for Athlete Development**

This workshop will consider a variety of ways of planning for athletic development - including which training modes might be appropriate and which essential, how to balance components, and how progressions might be managed. The workshop will involve the practices of a number of coaches. Focus principally on 18-22 years.



## Athletics Networks

County Athletic Networks have a strong focus on Coach Development. Coach Development Opportunities may be organised by your local Network. Contact your local Network to find out more.



**Bradford Athletics Network**  
 Network Chair - Mike Moss  
 Mikemoss@blueyonder.co.uk



**Calderdale Athletics Network**  
 Network Chair - Graeme Woodward  
 graemewoodward@hotmail.com



**Leeds Athletics Network**  
 Network Chair - Bob Jackson  
 bob.jackson@virgin.net



**Humber Athletics Network**  
 Network Chair - Peter Gifford  
 peter.gifford2@ntlworld.com



**South Yorkshire Athletics Network**  
 Network Chair - Steve Gaines  
 SandJGAINES@aol.com



**North Yorkshire Athletics Network**  
 Network Chair - Richard Smith  
 smithrichard14@sky.com



The England Athletic Flying Coach Programme is being delivered across England to benefit clubs, coaches and athletes of a variety of abilities, across all disciplines.

Under the scheme, top coaches visit local clubs to work directly with club coaches and assist with the development of their athletes, to help develop coaching expertise in a particular technical event in a practical coaching environment.



**Contact your local Club and Coach Support Officer to request a Flying Coach visit for your club or Network**

## Coach Education Courses



**ATHLETICS LEADER**



**LEADERSHIP IN RUNNING FITNESS**



**COACHING ASSISTANT**



**ATHLETICS COACH**



**CHILDREN'S COACH**



**COACH IN RUNNING FITNESS**

To find out more about coach education or find out where your nearest course is please go to [www.Englandathletics.org/courses](http://www.Englandathletics.org/courses)

# UKACOACH

BUILDING A BETTER COACHING ENVIRONMENT

**UCOACH IS THE NEW UKA COACHING WEBSITE THAT CONNECTS YOU TO THE LATEST COACHING RESOURCES INCLUDING:**



Video footage from events, conferences and masterclasses



Coaching related articles from across the globe



Audio interviews with coaches from around the world



Calendar of coaching events domestically and abroad



Podcasts on various coaching and training science topics



[WWW.UKA.ORG.UK/COACHING](http://WWW.UKA.ORG.UK/COACHING)

